



2010 YOGA TEACHER TRAINING PROGRAM 200 HOUR CERTIFICATION

with Ericka Bryant and Jennifer Elliott

The flower of our teaching is rooted in the diligence of our practice & the depth of our inner inquiry. Can we be dedicated teachers without being dedicated students? You are invited to join us as we practice, study, investigate, question, experiment, transform & blossom.

We are proud to announce the 2010 Teacher Training Program at True Yoga, led by Ericka Bryant and Jennifer Elliott. This program is designed to bring to you an unprecedented and well-rounded initial education in Hatha Yoga, Meditation, Anatomy and Physiology, Teaching Methodology, Yogic philosophy, and most importantly the beautiful Spirituality that can be found in a regular yoga practice.

This 200 hour program will begin in September 2010 and run through April 2011. We request that you have 2 years of experience practicing yoga before you apply, or that you speak with and get the permission of the instructors prior to applying for the program.

This program is an excellent way to deepen your yoga practice, gain a solid understanding of the postures and alignment, create a solid foundation for a sustainable personal practice, develop a meditation practice, learn more about the spirituality behind yoga, and to begin the journey into the noble art of teaching.

The Coursework

Techniques: training and practice 100 hours

Teaching methodology: 20 hours

Anatomy and physiology: 20 hours

Yoga philosophy, lifestyle and ethics for teachers: 30 hours

Practicum: 10 hours

Self study: 20 hours

Teacher Training Certification Schedule

Training takes place one weekend a month and most Wednesday evenings from September to April.

Wednesdays (weekly, excluding holidays) 7:30 to 9:30 p.m.

Fridays 6:30 to 9:30 p.m.

Saturdays 10:00 to 5:00 p.m. (with an hour for lunch)

Sundays 10:00 to 5:00 p.m. (with an hour for lunch)

Dates

Weekend dates September to April to be announced

Cost

\$2750 includes the manual and training. Other required texts and private sessions for any missed classes are an additional charge. Early bird registration before August 1st 2010, the cost is \$2500.

Deposit

Along with your application, a \$250 non-refundable deposit is required to reserve your space. Balance due on the first day of class.

Certification Requirements

In accordance with the national standards set by Yoga Alliance, certification will be granted upon completion of 200 hours of study; completion of coursework; and successful completion of a written and teaching exam. Certification is issued through True Yoga.

ABOUT THE INSTRUCTORS:

ERICKA BRYANT, E-R.Y.T.200, is the owner of True Yoga and co director of the teacher training program. She teaches several classes during the week and strives to always bring something fresh and new to her students' practice. She found yoga over seven years ago and was one of the first students to attend True Yoga when it opened. Since then her yoga practice has given her a strong foundation for her life and a focal point for her spiritual practice.

Ericka completed a teacher training intensive at the White Lotus Foundation with Ganga White and Tracy Rich in 2005. Four years ago she completed another 200-hour program at Shoshoni under the guidance of Swami Devananda, Swami Kripananda, and Guru Shambhavananda. It was during this training that she was privileged to experience the deeper meditative and spiritual side of yoga. She is honored now to be a part of the sacred lineage of Guru Nityananda. Ericka is always looking for new and unique ways to serve the students and teachers at True Yoga who are the heart and soul of the studio.

JENNIFER ELLIOTT, E-R.Y.T.500, is a Yoga Therapist and the co director of True Yoga's teacher training program. Jennifer's classes are a blend of all that has inspired her in Vinyasa, Yin, Iyengar and Ashtanga yoga. She is adept at creating a class that easily transitions from one asana to the next, using alignment and awareness to bring ease and stability into each pose.

Jennifer has been teaching since 2000 and is certified by the Vitality College of Healing Arts in San Diego as a certified yoga instructor and licensed massage therapist. She has also completed the advanced studies teacher training in yoga philosophy, anatomy and physiology at the Santa Barbara Yoga Center. Most currently she was certified with YogaWorks and LMU for Yoga Therapy. Since 2006 she has taught anatomy, yin and the chakra system for various teacher training programs.

PARTICIPATION

If you are interested in participating, please contact True Yoga at 805-449-4225 or at info@trueyoga.com for an application. We will evaluate your application and get back to you as soon as possible.

We thank you for your interest in yoga and in sharing this ancient practice with others. It is our goal to reach out to our community one person at a time. The more people who are willing to reach out and touch others, sharing their light and love, the better off our community will be. We intend to raise the consciousness of this area and spread the word of yoga...the true practice of yoga. This begins with each of us as individuals. We are ready if you are!

Namaste!

WHY SEEK AN RYT THROUGH YOGA ALLIANCE?

Yoga Alliance is currently the only nationally recognized registry organization of yoga instructors. Registered teachers have the right to use the initials "RYT" after their name and to use the registry mark on their advertising and promotional material. You will be listed on the Yoga Alliance website locator so that students may find you when looking for a teacher who meets YA educational and training standards. For more information visit their website at www.yogaalliance.com.